Welcome back to school for term 4!

I hope everyone had a lovely, relaxing break and are ready for a busy last term of the 2014 school year.

**WEBSITE**—Don’t forget to regularly check our school website at: [http://www.eppalockps.vic.edu.au](http://www.eppalockps.vic.edu.au). The website is updated frequently with new information and photo’s being added on a weekly bases.

The students have again had a great start to the term and all classrooms having been buzzing with activity. Please keep a close eye on the school calendar to ensure you keep up to date with all that is going on at school as we are, again extremely busy this term.

**SUNSMART** - Just a reminder that all students need to wear a broad brimmed hat when outside at recess and lunchtime. This also applies during Sport and PE sessions.

**SCHOOL VALUES** - During term 4 we will be focusing on the school value of ‘Respect’ – treat others with consideration and regard; respect another person’s point of view. Teachers will be looking out for students displaying this value and awarding them for their great efforts.

**ALPHA Productions - Hercules** - Our excursion to Heathcote for the Alpha Productions presentation of Hercules is on this Thursday, 9th October. The bus will be leaving school at 8.45am sharp and returning by lunchtime. Please ensure all permission forms and money are returned to the office prior to the day.

**SCHOOL REVIEW** - This Wednesday, 8th of October is our School Review Day. I will be spending the day with our external reviewer, Mike Rowland and two peer reviewers, Lex Johnstone and Peter Milich to go through our Self-Evaluation and set priorities for the next four years. Throughout the day the panel will also be provided with feedback from staff, students and School Council President around school priority areas and these will go towards developing our school’s new Strategic Plan.

**GRANT SUCCESS** - At the beginning of the holidays we were very lucky to be notified that we will be receiving a grant of $10,000 to reduce energy use and promote sustainable practices through the ResourceSmart Australian Sustainable Schools Initiative as part of the Energy Efficiency Grants Program for Victorian Schools. This is a wonderful boost for our school and a very big thank you needs to go out to Lydia Fehring who spent many hours preparing the grant application. Well done.
OVERSEAS LEARNING EXPERIENCE TO CHINA - Just a reminder to all Grade 5 and 6 students and parents for 2015 there will be an Information session regarding the Overseas Learning Experience to China next Wednesday 15th October at BSSC – James King Hall at 6pm.

CHINESE STUDENTS - Our two Chinese Students, FENG YIFAN 封一帆 Andrew and HAN YIHENG 韩以恒 Bob will be arriving in Australia next Tuesday, 14th October and will be at Eppalock PS from Wednesday, 15th October. We are really excited to have them as part of the Eppalock PS community and can’t wait to welcome them to our school. The boys will be staying with the Gallagher and Symes families but we may be calling on other families who are able to care for the boys for a night or weekend at different times to provide them with a wide variety of experiences while they are with us. Please let me know if this is something your family would be interested in doing.

ATHLETICS CARNIVAL - Just a reminder that the Annual Athletics Carnival with Axedale Primary School is on again next Friday, 17th October at the Bendigo Athletics Centre, Retreat Road, Spring Gully. Students need to be at the venue by 9.15am and we should be finished by 1.45pm. STUDENTS NEED TO BE COLLECTED BY PARENTS FROM THE ATHLETIC CENTRE AT THE CONCLUSION OF THE SPORTS AS THE BUS WILL NOT BE RUNNING IN THE AFTERNOON.

Anyone who does not normally travel on the school bus but requires transport to the sports may meet the bus at school and take it to the Athletic Centre (bus will leave school at 8.55 am sharp). I will be on duty at school in the morning to meet any students who arrive. Don’t forget to wear suitable clothing – runners or sneakers, sports skirts with shorts underneath (the skirt must be removed for the high jump), shorts, school uniform t-shirt (no dresses, no singlet tops, no bare feet), a jumper and long pants, sunscreen and a wide-brimmed hat. Students need to bring their own water and packed lunch although the Kiosk will be operating on the day for snacks if needed. It should be a great day and lots of fun.

BENDIGO FOODSHARE—We are extremely lucky to now be involved in the Bendigo Foodshare. Bendigo Foodshare collects food that would otherwise go to waste and distributes it through charities, community organisations and schools throughout Central Victoria. This week we have received an abundance of fresh fruit, vegetables and bread. Lydia will be using many of these ingredients in the Living Green program on Fridays and we have placed fruit bowls in all classrooms for students to access whenever they are hungry. We will be receiving a range of products on a weekly basis which will be a wonderful resource for our students. You can help Bendigo Foodshare by either donating your time or making a small monetary donation. If you are interested please check out their website: www.bendigofoodshare.org.au

What a wonderful community organisation.

Orientation Program Dates for 2015 Preps - Below are listed the dates and times for this year’s transition and orientation program for our 2015 prep students. We will also be holding a Prep Parent/Staff/Student Picnic on Thursday 6th November from 5.30pm – 7pm. This will be a great chance for our 2015 prep families to get to know each other and the staff in a friendly, relaxed setting.

Visit 1; Thursday 13th November - 11.30am-1.00pm
Visit 2; Wednesday 19th November - 9.30am-11.00am
Visit 3; Monday 24th November - 10.00am-11.30am
Visit 4; Whole school Orientation Day/Classroom - Tuesday December 9th - 9.00am-11.30am

I hope everyone has a great term. Enjoy week 1 . . . Mrs. Ryan J

WANTED Freezer in working order (chest or upright) - if you have a freezer that you no longer require and would like to donate or sell to the school, please let Emily know.

WELCOME We would like to welcome Tim and his parents (Rebecca and Craig) to our School—we hope you enjoy Eppalock Primary. Tim is in Grade 4.
IMPORTANT DATES

OCTOBER

Thursday 9th   Excursion to Heathcote 8:45am to be at school
Saturday 11th  Trivia Night
Thursday 16th  MARC Library
Friday 17th    Cluster Sports—Bendigo Athletic Centre
Tuesday 28th  Swimming Lessons 1:00-1:40pm
Wednesday 29th Bendigo Cup Day Holiday—no school
Thursday 30th  MARC Library

NOVEMBER

Tuesday 4th    Swimming Lessons 1:00-1:40pm
Wednesday 5th  Questacon Science Spectacular
Thursday 6th   2015 Prep Parent / Staff / Student Picnic (5.30 pm—7.00 pm)
Friday 7th     Pupil Free Day—Michael Ymer Staff PD
Thursday 13th  MARC Library
                2015 Prep Transition 11.30 am—1.00 pm
Tuesday 18th   Swimming Lessons 1:00-1:40pm
Wednesday 19th 2015 Prep Transition 9.30 am—11.00 am
Monday 24th    2015 Prep Transition 10.00 am—11.30 am
Tuesday 25th   Swimming Lessons 1:00-1:40pm
Wednesday 26th Sink or Swim Incursion

DECEMBER

Tuesday 9th   Orientation Day

AWARDS

Our Value this Term is RESPECT—treat others with consideration and regard; respect another person’s point of view.

HAPPY BIRTHDAY

Joe—Thursday 2nd October
Chloe—Tuesday 7th October
Josh—Thursday 9th October
Alpha Shows present Hercules a full musical production.

True Hero

We’re not talking about having strong muscles or being better than others, rather, creating real, true heroes that can go out into the world and make it better. Hercules is a great role model showing how to win without fighting. Philoctetes takes the audience on a journey, showing clearly and having them literally stand tall and experience what it takes to be a true hero.

All students will need to be at school no later than 8:40am as the bus needs to leave 8:45am sharp to be at Heathcote by 9:30am.

The bus will return back to school by 12:00pm. We will have morning tea at the excursion before returning to school.

The cost to families is $18.50 per student.

Please return the permission slip with payment to the school office tomorrow.

PARENT CLUB NEWS

WANTED: Pie Warmer that can be donated to the school or purchased by parents club for a small price.

WANTED: Second hand/new bricks that can be donated to the school. Parents Club/Living Green is looking at building a Pizza Oven for School and Community Use. If you have any bricks that can be donated to the school please contact the school or Nikki Mannes

WANTED: Pizza Oven Building Specifications. If any one has built a pizza oven before and has plans for one or has the knowledge on how to build one could you please see the school or Nikki Mannes.

Thank You for your help with the above items.
COMMUNITY NOTICES

AXE CREEK COMMUNITY FRESH PRODUCE SWAP

Do you have excess vegetables, fruit, eggs or herbs from your garden?
Not sure what to do with them?
Bring them to the Axe Creek Community Fresh Produce Swap at Eppalock Primary School.

If you have excess vegetables, fresh fruit, eggs, herbs or any other items, please bring them along and be part of our Fresh Produce Swap program. There are baskets on the bench in the school foyer and the process is that you can swap your produce for other produce.

If you do not have produce to swap that’s OK, just help yourself to the fresh produce displayed. You do not need to pay for any of the produce, however if you wish to make a monetary donation for anything it will be put towards our Living Green Program.

BENDIGO BANK SCHOOL BANKING

The staff from Bendigo Bank’s Strath Hill branch visit Eppalock Primary School each TUESDAY MORNING providing a school banking service for students.

Participants in the program will use a Bendigo Piggy Bank Passbook Account and moneybox to learn about the process and the benefits of saving.

With no account keeping fees, no transaction or government fees, no penalties and no deposit restrictions—plus a lot of fun games and rewards—a Piggy Bank Passbook Account makes saving fun.

Please note—the school banking program provides a deposit service only, however, withdrawals can be made at the Strath Hill branch.

Further information is available from the school office or by calling into the Bendigo Bank Strath Hill branch.

MILO CRICKET PROGRAM

Strathfieldsaye Cricket Club

Warmer weather is coming so that means Jets Milo In2 Cricket is coming back bigger than ever...

Sunday 26th October 10am-11am until 14th December @ Tannery Lane Complex, Strathfieldsaye.

Children have a great time, learning different skills whilst interacting with each other & importantly had fun being active. We had a great number of young girls in the Program & hope to see more this year.

Age: approx. 5-8. $70 which includes a cricket kit bag of goodies including a shirt, cap and bat.

CITY OF GREATER BENDIGO BRASS BAND

BRASS NIGHT OF THE PROMS 2014

A take on the British Proms concert with the Bendigo Brass Band

THE CAPITAL
BENDIGO'S PERFORMING ARTS CENTRE

SUNDAY OCTOBER 19TH
2PM. ENTRY $10

TICKETS AT THE CAPITAL BOX OFFICE. 5434 6100 or www.thecapital.com.au
www.bendigobrass.org.au

FREE COMMUNITY EVENT!

FUNLOONG Fun Day!
Celebrating Children’s Week
Saturday, October 18, 2014. 10:30am – 2:00pm.
The family fun day begins at 10:30am with a walk, run, take the成人 ride your scooter or bike (and wear your helmet) along the Bendigo Creek Trail.

Choose from 2 starting points:

- 10am START: Bendigo Victoria Gardens (opposite Children’s Playpark)
- 11am START: Lake Pierceson car park
- FINISH: Hargreaves Mall at an amazing family celebration

A new entry fee of $5 per person or family entry $15 includes a hot dog and drink. Special entry rates available for under 6s.

Adult registration required. For more details go to bendigo.vic.gov.au eventfinder/Bendigo
Healthy eating has a long-lasting and positive impact on a child’s growth, development and health.
Foods eaten by your child at school contribute greatly to their daily nutrient intake. These foods considerably influence their eating habits, growth patterns, energy, concentration levels and ability to learn.
You have an important role to play in helping to ensure your child eats well and stays active.
Healthy school lunch ideas include:
- sandwiches or pita bread with cheese, lean meat or salad
- cheese slices, crackers with spread and fresh fruit
- washed and cut-up raw vegetables or fresh fruits
- frozen water or milk, particularly in hot weather

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child’s diet. Foods to limit in school lunches include:
- processed meats such as salami and pressed chicken
- chips, sweet biscuits, muesli and breakfast bars
- fruit bars and fruit straps
- cordials, juices containing sugar and soft drinks

It is important to let your child’s school principal know if your child is allergic to particular foods.

Health education initiatives
We actively promote healthy eating and physical activity and support a whole-school approach to health education through the following initiatives:
Healthy Canteen kit - a kit developed to support students making healthy food choices at school and in life.
Food ideas for home and school - the Healthy Canteen Kit provides lots of great ideas for healthy, tasty, attractive foods. While ideas in the canteen manual have been provided to help school canteens create interesting food choices at school, these suggestions can also be used at home to provide healthy food choices.

Resources to help you make the right food choices

At a glance food planner -

Your colour guide to healthy eating -
Knowing your Teenager
Bendigo

Parenting teenagers is not easy, it requires creativity, determination and patience! It’s a tough phase for everybody, but you’re not alone.

Join other parents and carers in this two hour workshop that aims to provide information, improve understanding and explore strategies that focus on the strengths and challenges of this stage of development.

Term 4, 2014
When: Tuesday 28th October 2014
Time: Arrival and registration 6.45pm
                                      Sessions 7.00pm-9.00pm
Where: CatholicCare Sandhurst Function Room, 176-178 McCrae St, Bendigo
Cost: Free
Child Care: Sorry, child care is not provided
Facilitators: Narelle Williams and Linda Lynch
Parking: On site parking available - via 116 Hargreaves Street

For bookings and enquiries phone Ky Gregg on 5438 1300

Groups are subject to maximum and minimum numbers. Early registration is encouraged.
TRIVIA NIGHT - It is THIS WEEKEND!
Saturday 11th October—Eppalock Primary School

Have you purchased your tickets yet for the Trivia Night? It is this Saturday evening, 11th October. Grab your neighbours and your extended family and come along for some factual fun!

It is not too late to buy tickets and there are plenty of tables left for what is shaping up to be a wonderful evening. You don't have to purchase a whole table - just pop in and see Marie at the school and purchase the number of tickets you need for the night. We'll put you on a table of like-minded trivia fiends on the night. Tickets are now $20 per person and you can pay in cash at the school office OR by EFT via netbanking (ask Marie for the account details if you need). Just put your surname and TRIVIA TIX next to it as the reference.

Can you donate a service or prize for our silent auction? We'd love some more donations of services and goods to help raise funds for the Eppalock Primary School.

Can you donate half a lamb for someone's freezer?

Can you donate some fencing labour time?

Do you make quilts or have another item that you could donate?

Any and all items are received with thanks and will be vigorously promoted on the night (and next week) to see if we can start some good-natured bidding wars and raise money for our new kid's kitchen and the 'Old Schoolhouse' revamp!

If you're coming along to the Trivia Night - DON'T FORGET to bring a plate of supper for your table(s) and a bag of lollies for the roaming prize tray that will circulate amongst the tables during the night. Also, don't forget to bring lots of gold coins - there will be lots of fun games and activities during the evening where you can use your gold coins to win some yummy and drink-tastic prizes :-)

Arrive early for the 6pm masked wine tasting event - lots of fun and tasting notes provided. $5 per person.

Trivia rounds kick off at 7pm sharp. Arrive with plenty of time to settle in children if you are using our even childcare option (great idea!)

TRIVIA NIGHT - Silent Auction

One of the fantastic activities occurring at this weekend's Trivia Night is a Silent Auction. We're very excited about this fundraising activity and are hopeful that it can raise some significant $$ for Eppalock Primary School. Please note that 'proxy bids' will be accepted on the night if you know someone that would like to purchase any of the below items - ask your friends if they'd like anything and bring along their bids on the night. They will need to be notified asap if they are the winner and will be requested to EFT their winning bid amount via netbanking on Monday morning.

Similarly we are taking bids all this week as well (up until 9am Saturday) - if you cannot come but one of the prizes takes your fancy - please feel welcome to email your bids to Sal Symes (sally-anne.symes@lcfclubs.com.au). I will include you on the sign up sheet. Just send us your starting bid and then include a maximum bid with it. Bidding will increase in $5 or $10 increments relevant to the item's value - when other people put counter bids on it. Just like ebay - we wont increase your bid unless someone puts a counter offer on it. Each item will be on display on the night with a sign up sheet with it. Trivia Night participants will be encouraged to bid like crazy on the fantastic prizes on offer.

TRIVIA NIGHT - SPONSORS - THANK YOU

We are blessed to have the generous support of many local families and businesses for this Trivia Night. This school fundraising event is being held to support the upgrade of the 'Old Eppalock Schoolhouse' - a much loved and used community venue (School, Playgroup, CFA & Landcare) - it will enjoy a total revamp to optimise these community uses AND house an exciting 'kid's kitchen for Eppalock Primary School's inspiring Living Green Program.

Please take the time to read through the above list of donations for the Silent Auction, and the following list of sponsors. Please support their businesses if you can and mention that you are part of the Eppalock Primary School community and are thankful for their ongoing support of our school.

A massive thank you to the following:

** ** Our major sponsor ** Terraco (Civil Engineers, Project Managers and Development Consultants) **

Other sponsors (large prizes, money and sponsoring the masked wine tasting)

IJA/Sails Cafe Strathfieldsaye

Julian Newman—Australian Artist

Fernwood Gym / Fitness

LCF Fun Languages for Kids—French / Mandarin / Italian / Spanish / German FUN programs for pre-schoolers and primary kids in Bendigo

Lovell Family gardening services
Prizes (most are on display in the school foyer on the bench opposite the front office)

- A fabulous framed print valued at $125. Generously donated by Julian Newman - Australian Artist. It is a Limited Edition Giclee Fine Art Print. Thank you to the Newman family
- A three month membership to Fernwood Fitness. Valued at almost $400 - thank you Fernwood Gym Bendigo
- A 2hr Gardening Services Voucher valued at $80. Awesome prize. Thank you to the Lovell family
- A second 2hr Gardening Services Voucher valued at $80. Thank you to the Lovell family
- Two beautiful handmade bags donated by the Newman family (handmade by Barb Bartlett)
- Some handmade, organic handcream and body butter valued at $30 donated (and made) by Lydia Fehring
- Bendigo Visitor’s Centre 'Uniquely Bendigo' have kindly donated a Tour of the Historic Post Office in Bendigo—Valued at $30.
- The Queen's Arms Hotel has donated a Jack Daniels bar mat. Cheers
- A tray of mangos kindly donated by the Knight family (to be delivered in December with the Eppalock school mango deliveries)
- A handmade Mason Jar candle valued at $40. Donated by Helen Fehring
- A trio of chooks (live isa browns) valued at $45 for the three. Donated by 400 Acre Eggs (Elliot Fehring)
- A second trio of chooks (live isa browns) valued at $45 for the three. Donated by 400 Acre Eggs (Elliot Fehring)
- Wines and chocolates and winning table prizes donated by Terraco Engineering in Bendigo
- A $40 Body Shop voucher
- A pair of groovy sports sunglasses. Donated by the Bowe family
- A selection of beautiful handcrafted glass platters/plates. Worth zillions and look gorgeous. Get ready to bid on a few of these to make a beautiful set for yourself
- A gorgeous bunting pack for a child's room or party decoration. Handmade and again worth zillions. Thank you to the Murphy family and the talented Caitlin
- A second handmade bunting pack for a child's room or party decoration. Gorgeous and handcrafted by Caitlin Murphy using the old Golden Books we've all read & loved
- A 'starter' garden pack for a budding green thumb. Has herbs and seedlings. Donated by the Murphy family
- LCF Fun Languages in Bendigo has donated a term's worth of language lessons (valued at $180) - any language. Choose from a pre-schooler or primary-aged club (45min sessions or 1hr sessions weekly). Winner can choose French, Mandarin or Italian.
- LCF Fun Languages in Bendigo has donated a '5-pack' of language lessons (valued at $90) - any language. Choose from a pre-schooler or primary aged club (45min sessions or 1hr sessions weekly). Winner can choose French, Mandarin or Italian.
- VIVID DVD Player 2.0 Chanel with full function remote
- Zest Health Wellbeing – Remedial & Relaxation massage therapy – Gift Certificate for 1 hour massage – donated by Julie Treloar
- and more prizes are arriving daily - thank you to all the generous families and businesses for the gifts still to come

What looks good on the list to you? Plan some bidding, talk with your friends and lets raise some money....